



# Mishawaka Communicator



*Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life and inspiring pride in our community.*

Dave Wood, Mayor

[www.mishawaka.in.gov](http://www.mishawaka.in.gov)

July 2017

## A Letter from Mayor Dave Wood



As Mayor of the City of Mishawaka I am approached daily with questions concerning everything from "Why do I need a permit when putting up a fence" to "What is the phone number for the Mishawaka Post Office?" While I generally try to answer every question that comes my way, I felt that I would address some of the most frequently asked questions we receive from our citizens.

First and foremost, there are many home projects that people like to perform themselves or that are contracted out. Following are the most common questions asked of our **Building and Planning Departments**:

**When do I need a permit?** To construct, enlarge, alter, repair, demolish, or replace structural elements of a building or structure. All fencing, pools, and sheds require at least one permit. Also, when the improvement is valued over \$300.00.

**When don't I need a permit?** Painting, tiling, carpeting, cabinets, countertops, landscaping (on private property), and similar work.

**Who needs to obtain the permit?** If a contractor is doing the work, they need to obtain the permit. If the homeowner is doing the work, he/she may obtain the permit.

**Why do I need permits?** To ensure work is done in accordance with zoning and building codes.

**Do I need multiple permits from different departments?** If you are adding on, building a new building, adding a deck, shed, pool or fence, you will need a zoning permit (ILP) before you may obtain the necessary building permits. Planning checks the applicable zoning, setback and height requirements. Any work in the public right-of-way such as placing irrigation systems (typically on the street side of the sidewalk) requires Engineering Department approval.

**Where on my property can I install a fence, swimming pool or build a garage/shed?** Sheds, swimming pools and garages are considered accessory structures and must be constructed

*(continued on next page)*

## Balance Your Workout — Part 2: Strengthening Exercise

*Health Information from Saint Joseph Health System*

Getting a balanced workout is important to target your whole body to gain health and fitness benefits, and even lose weight. Last month, we covered cardiovascular exercise, which builds endurance, boosts HDL ("good") cholesterol, helps control blood pressure and strengthens your bones. This month, we'll discuss the benefits of strengthening exercises.

Whenever you exercise, it's important to do it for the appropriate duration. As little as 10 minutes a day can help decrease your risk of cardiovascular disease and osteoporosis, while 30 minutes a day of moderate activity or 15 minutes of vigorous activity can help increase stamina and strength. Exercise for an hour a day to lose weight.

Strengthening exercises are ones that involve lifting, pushing or resisting weight. "You don't need to develop bulging biceps to benefit," said Dr. Abigail Battjes, family medicine physician at River Park Family Medicine in South Bend. "Strength training is a seminal part of general health and well-being at all ages." In addition to building muscle, strengthening exercises also help you burn fat, lower LDL ("bad") cholesterol, reduce inflammation (a major risk factor for heart disease and other conditions), improve insulin sensitivity and maintain bone density by counteracting age-related bone loss.

Make sure to work all muscle groups and increase repetitions as you get stronger. Try exercises such as:

- Push-ups, squats, lunges, planks
- Resistance bands
- Dumbbells, gym equipment (or at home you can use household items such as soup cans or water bottles)

Next month, we'll cover the final part of a balanced workout - flexibility exercises.

Before you start any exercise program, make sure to talk to your primary care provider.

## UPCOMING EVENTS!

July 1	Independence Day Celebration (Beutter/Central Park)
Jul 14	Family Fun Night "Secret Life of Pets" (Battell Center)
Jul 19	Kamm Island Fest (Kamm Island)
Jul 21	Mother/Son Luau (Merrifield Park)
Jul 26	Brunch/Classic Movie "Harvey" (Battell Center)
Aug 8	Grandparent & Me "Back to School" (Battell Center)
Aug 28	Harvest Dance (Battell Park Bandshell)
Aug 30	Brunch/Classic Movie "Chitty Chitty Bang Bang" (Battell Center)
Sep 3	Mishawaka Heritage Festival (Central Park)
Sep 8	Family Move Night "Moana" (Battell Center)

## INDEPENDENCE DAY CELEBRATION

**Saturday, July 1, 2017  
9am—11pm**

**Beutter Park • Central Park  
Kamm Island Park**

## MERRIFIELD POOL HOURS

Lap Swim (M-F)	11a - 12p
Lap Swim (S-S)	11a - 1p
Mon - Fri	12p - 4p
	6p - 9p
Sat - Sun	1p - 8p

## ONLINE ACCESS



<http://mishawaka.in.gov>



<http://facebook.com/cityofmishawaka>



<http://mishawaka.in.gov/communicator>



<http://mishawaka.in.gov/parksandrecreation>

## A Letter from Mayor Dave Wood *(continued)*

in the rear half of the lot, never the front. Privacy fences cannot exceed 7 feet in height, cannot be in the front yard, and if you are on a corner lot, the fence must be 12.5 feet in from the exterior side (street side) property line. No fence over 4 feet in height may be erected in the front yard and shall have a minimum of 75% of its surface open. Contact the Planning Department: (574) 258-1625 with questions.

Our **Central Services Division** maintains all green areas of city owned properties, 164.5 miles of roadway and all city buildings. They are the contact point for the 5th Street Environmental/Recycling facility and for trash removal in our city. Needless to say, they have a big job and receive hundreds of calls from our citizens daily asking questions but the number one question asked is:

**How do I get appliances and large trash items picked up?** Two large items such as a couch, chair, or mattress may be disposed of each week with your regular trash pick-up. The item should be placed wherever you place your regular trash for pick-up. Items containing freon, such as a refrigerator or freezer must have the freon properly removed by a refrigeration service and the certificate of removal must be provided to Allied Waste, our contract trash hauler, before they will pick such items up. Questions can be addressed to Allied Waste at (800) 888-5783.

Many people want to know about sidewalks, sewers and alleys. This information is handled by our **Engineering and Sewer Department** and here are the most frequently asked questions that they deal with:

**How can I get the sidewalk fixed in front of my house?** Property owners are responsible for the repair and maintenance of the sidewalks adjacent to their homes. The City of Mishawaka offers a Curb and Sidewalk Program, which was instituted in 1986 to encourage single-family homeowners to repair or replace the deteriorated public curb and sidewalks adjacent to their property. This program provides for a 50/50 split of the repair cost of curbs, sidewalks and drive approaches between the homeowner and the city. An estimate of cost will be given to the resident by the Engineering Department prior to any commitment for work to be completed. To learn more about this program you can contact our Engineering Department: (574) 258-1619.

**How much will it cost to repair my sewer under the Sewer Insurance Program?** The homeowner experiencing sewer problems is responsible for retaining a professional sewer cleaning firm to open the blockage in the line. If the line cannot be cleared, the homeowner is required to pay a \$250.00 deductible and sign an authorization. If it is a single family rental property, there is a \$500 deductible. Multi-family and commercial properties are not eligible for the program. Costs above the deductible are paid from the Sewer Insurance Fund. To sign up for sewer repairs under this program, you will need to contact the Sewer Maintenance Department: (574) 258-1715.

**If the City of Mishawaka is a "quiet zone" why do the trains still blow their whistles?** Mishawaka has a whistle ban; however, if something is on or near the tracks, they are obligated to blow the whistle. This could be a person, animal, vehicle, pile of mulch, or many other things. Many times a construction project will increase the whistle blowing.

The City of Mishawaka is continually improving its parks and facilities so that Mishawaka residents can enjoy them year-round. Our **Parks and Recreation Department** continually has inquiries about parks and facility rentals:

**How do I rent a facility?** Reservations must be made through the Parks & Recreation Administrative Office, located at 904 N. Main Street, Mishawaka, IN 46545. You may also call them at (574) 258-1664. Facilities are considered rented when the appropriate fee has been paid, a waiver of liability signed and a permit obtained.

**Do I need to rent a facility in order to use it?** It is not necessary for an individual to rent a particular facility to enjoy its use; however, "whenever any person desires to use the park facilities for a particular purpose, . . . such person shall make application for a permit to use the park facilities (Municipal Code, Section 50-2(a))." Renting does ensure you and your family that you have a guaranteed location for your family event. Renting provides you with a permit for the given location so that others cannot use that same location at the time you have it rented.

We have touched on a few Departments this issue: These are just a few of the most frequently asked questions for these Departments. Watch for next month's Communicator where I will highlight questions about our Finance Department, Public Safety, Law Department and general questions asked by our Mishawaka citizens.

*Mayor Dave Wood*



## 2017 Summer Concert Series

### Battell Park

*Mondays 7:00-8:00 PM*

7/10	Michiana Concert Band
7/17	JT Buffett
7/24	Dick and Debbie
7/31	Eddie Knight Band
8/7	Valleyaires Barbershop Chorus
8/14	Michiana Concert Band
8/21	P. T. and the Cruisers
8/28	Harvest Dance

### Beutter Park

*Thursdays 6:30-8:30 PM*

<b>SAT</b>	Out By 8 -- <b>FIREWORKS TO FOLLOW</b>
7/1	
7/6*	Memphis Underground
7/13*	Ground Control
<b>FRI</b>	Notre Dame Shakespeare Festival -- <i>"Twelfth Night"</i>
7/21*	
7/27*	Ginger and Her Baked Goods
8/3*	Top Secret
8/10*	Rain Date / TBA

### Eberhart Golf Course

*Fridays 6:00-7:30 PM*

7/7	Marty Miles
7/14	HiFi2WiFi
7/21	Acoustic Justice
7/28	Rain Date / TBA

<http://mishawaka.in.gov/parks/summer-concert-series>

*\* location subject to change due to construction*

**Send your questions, comments, or concerns to [communicator\\_feedback@mishawaka.in.gov](mailto:communicator_feedback@mishawaka.in.gov)**